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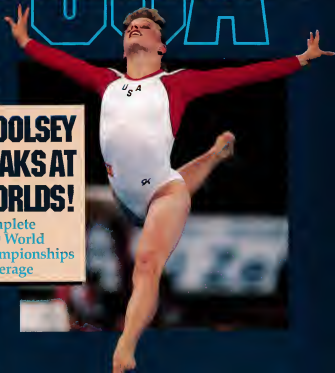
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JANUARY/FEBRUARY 1990, VOLUME 19, NO. 1

FEATURES

Kurt Thomas: The Comeback Kid

Kurt Thomas, one of the greatest U.S. male gymnasts in history, has announced his plans to return to competitive gymnastics at age 33. **page 14**

1989 World Championships

At the World Championships in Stuttgart, West Germany the Soviets won both the men's and women's competition. The U.S. women earned a fourth place finish, the highest placing the U.S. has ever earned at a World Championships competition. In addition, Brenda Johnson won a silver medal on vault. The men tied Bulgaria for eighth place, increasing their eleventh place finish at the 1988 Olympic Games. **page 18**

Sandy Woolsey Peaks At Worlds

Woolsey placed eighth all-around at the 1989 World Championships competition. Although she peaked at this competition, she hasn't hit her all-time peak yet, predicts her coach, Tommy Baton. **page 22**

Wendy Bruce Knows No Bounds

Two years ago, at the 1988 U.S. Championships, Bruce was the 21st place finisher. Two months ago, at the 1989 World Championships, she became the 11th best gymnast in the world. **page 26**

Bulgarians and Soviets Triumph

The Bulgarians and the Soviets tied for the team gold during the Rhythmic World Championships in Sarajevo, Yugoslavia. **page 34**

The Top U.S. Men's Coaches

Meet the top U.S. men's coaches and discover their philosophies for success. **page 36**

The U.S.'s Chelle Stack's international experience was obvious through her outstanding performance.



Coach Ed Garb and Lance Ringold.

COVER PHOTO BY DAVE BLACK

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EDITOR'S
LETTERS

Talented Juniors

Thank you for doing such a great job on writing about the Junior National Champion, Kim Zmeskal. The young, confident Zmeskal, who had spectacular performances on all four events, easily won the title. Kim and many other young gymnasts surprised me with their outstanding performances at such a young age. I think Zmeskal, along with many others, were born extremely talented for gymnastics.

Gloria Farust
Cliftonlaw, PA

Thanks

I am 14, my name is Courtney Simmons and I train at Commerce Gymnastics Center. I am not writing to tell you how good our gymnastics team is. Our gym is not very big and our equipment is not that great, but everybody knows each other and we are all friends. Our gym was started in 1984 when an anonymous donor donated money to create the program. I would like to thank the donor and our first coach, Mrs. Sandy Flire. Our newest coaches competed on the University of Georgia gymnastics team who captured the NCAA title last year. I want to thank them for traveling to Commerce every day and putting up with all of us. Thanks, Debbie and Tanya!

Courtney Simmons
Commerce, GA

Scholarship Facts

Thank you for printing Kenneth Koebnick's informative article, "How to get a Gymnastics Scholarship to College" (November/December 1989, p. 10). The article contained information that would be helpful to gymnasts wishing to compete at the college level. As collegiate coaches who deal with recruiting and scholarships daily, we would like to clear up a few points.

1) The National Letter of Intent is an agreement by an athlete to attend a certain university. Once the letter is signed, the athlete may not attend another institution without penalty.

2) This year, April 11, 1990 is the earliest date that an athlete can sign a National Letter of Intent. She may sign anytime after that date up until August 1, 1990. Individual coaches may require an athlete to sign by a certain date, but it cannot be before 4/11/90. Coaches may also ask for a verbal commitment at any time, but can neither request nor require a signature before signing date.

3) An athletic financial aid agreement must accompany the letter of intent. "Walk-on's" (athletes who do not receive financial aid) are neither allowed nor required to sign a letter of intent. Further questions should be directed to the NCAA.

Sara Sandmire & Bill Steinbach
Boise State Univ. Gymnastics Coaches

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U.S.G.F. REPORT

Nadia Revisited *Continued*

in Ft. Worth, Texas. Amongst rumors and stories about injuries and problems at home, Nadia led the young Romanian team to a shocking victory over the strong Soviet Union team. With a severe hand infection wrapped in tape and gauze, the cumbersome appendage did not affect her scintillating performances that held secure the coveted title.

1981 was a very significant time for Romanian gymnastics. After the boycott in 1980, gymnastics in the USA was in great need of something new and exciting. Without the 1980 Games, much of the momentum through the late 1970's was diminishing. On a fall tour with the Romanians and Nadia in 1981, Bela Karolyi and his wife, Martha, defected to the U.S. The profile of Nadia and the Romanians in America would be changed forever. Bela continued to become a leader in American gymnastics coaching many great champions including Mary Lou, Kristie Phillips and Phoebe Mills. It was the last time Nadia performed in the U.S. She was in Los Angeles briefly in 1984.

SHE CHOSE TO COME TO THE U.S. FOR FREEDOM AND THE RIGHT TO MAKE HER OWN CHOICES.

The security was extremely tight and no one had any real contact with her. We also knew that the Romanian Sports Officials were not very excited about the invitation extended by the Los Angeles Olympic Organizing Committee. But since the Romanians were the one Eastern Bloc country that shunned the Soviet boycott, having Nadia at the Games was a great compliment to the Olympic movement.

After that time, we saw very little of Nadia. She received her international judges rating and many of us expected

her to be the future replacement of the current Romanian member of the Women's International Gymnastics Federation Technical Committee, Milka Semrenescu. When asked, Romanian officials said she was judging and coaching the Junior National Team, and doing very well. Whenever invitations were extended, they were politely declined.

Now she is here. While we may all get excited about the impact she can have on gymnastics, that is something that only time will tell. She chose to come to the U.S. for freedom and the right to make her own choices. We must honor that right, including the way it impacts gymnastics. No matter what she decides, we wish her well in her new home. Nadia has done for a sport what many of the greatest sports heroes can never do, she changed the sport as we know it more than anyone ever did. She affected so many young children and brought gymnastics to its current position as one of the premier sports in the Olympic movement.

Regardless of what Nadia decides to do, all of us are thankful for what she did and we wish her well in whatever the future may bring.

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Course Contact: Charles Carter - (608) 631-2608

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Sunday, January 21, 1990

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South Plainfield, NJ

Course Director: Cathy Pikel - (201) 863-6032

Friday, January 26, 1990

Farmington Hills, Michigan - 9:00 am-4:30 pm

Farmington Gymnastics Center - (313) 478-6100

3800 Freeway Park Drive

Farmington Hills, MI 48334

Course Director: David Kuznetz - (313) 478-6130

Saturday, February 3, 1990

Indianapolis, IN - 9:00am-5:00pm

US Gymnastics Federation Office

Pen American Plaza, Suite 300

201 S. Capitol Ave.

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Course Director: Robert Cowan (317) 237-9080

PLEASE NOTE

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Tendonitis

By Jack Rockwell

Many gymnasts, as well as other athletes, have gone through the dreaded tendonitis. What is tendonitis. Tendons are tough, rope-like cords of fibrous tissue connecting muscle to bone. Tendonitis is the inflammation of a tendon. So we see that tendonitis is the inflammation of the connective tissue (tendon) that connects muscle to bone. With that established, let's look at some of the common sites of tendonitis and what can be done to prevent, treat and rehabilitate this problem.

The most common sites of tendonitis are the shoulder, the knee and the wrist with the ankle joint being involved more frequently in recent years. At the shoulder, several tendons can be involved. The most common are the long of the biceps and the rotator cuff (initially the supraspinatus muscles, infraspinatus, tendon attachments). Pain and inability to move the shoulder through normal activities are usual symptoms. If allowed to become very sore without having any treatment, the tendons involved can develop calcific nodules that, in turn, must be removed surgically. Early examination and diagnosis of a painful shoulder is extremely important.

In the knee, tendonitis usually occurs in the patellar tendons. The site of injury is right at the bottom of the patella (kneecap) where the tendon attaches to the bone. This condition can be an overuse injury or it can be caused by a single traumatic injury. The normal traumatic occurrence is usually a movement that puts an overload on the knee very quickly. In either case you will note some swell-



ing, thickening of the tendon, and a great deal of pain on extension and flexion of the knee.

In the treatment process the use of ice, anti-inflammatories (aspirin, ibuprofen), stretching (gradual) of the quads and hamstrings, and strengthening exercises for the medial quads are the essentials.

The wrist's involvement is again usually an overuse injury caused by stretching the flexor tendons (on the palm of your hand side of the wrist) with too much repetitive use such as vaulting, pommel horse or tumbling work. Again, the tendons become inflamed, extremely painful and can cause pressure on the nerves running through the wrist to the hand.

Treatment usually necessitates a certain amount of rest—at least cutting back

from full activity is desired in all tendonitis conditions as long as pain is present. In addition, icing after activity and contrast baths are advisable. Hot water should be 100-104° F and cold water should be 55-60° F. Put injured part in hot water for four minutes then place in cold water for one minute. Repeat process five times. Repeat entire process two to three times per day. Splint the area for four nights and as you become more comfortable, do gentle stretching exercises along with strengthening exercises for the forearm flexor muscles.

Tendonitis at the ankle joint usually occurs in either the Achilles tendon or in the peroneal tendon (the outside of the lower leg). The Achilles tendon is the largest and strongest tendon in the body. It also takes a great deal of abuse. Tendonitis of the Achilles tendon is usually an overuse syndrome that starts very gradually and creeps up on

you over a brief time span. Tendonitis at this particular tendon probably starts as a few minute single fiber tears, with the tearing you start getting some swelling or inflammation. As you continue to use the tendon, the swelling increases and you begin to have pain. As the tendon continues to swell, it rubs against its outer covering or sheath, which in turn swells, causing restriction of movement and more pain.

To treat the Achilles tendonitis, it is essential to catch the injury early. As soon as you notice pain in the Achilles you should start gently stretching the area (using both a gastrocnemius stretch and a soleus stretch to stretch both muscles in the calf of the leg) and applying ice after the stretching. Cut back workouts by at

continued on page 12

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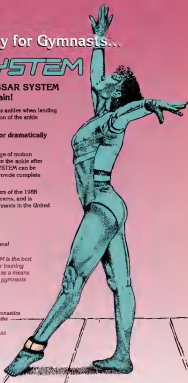
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Tendonitis *continued*

least half, continue stretching before and after workouts, ice after stretching and use aspirin or an anti-inflammatory to reduce swelling. Preventing this condition is best done by stretching on a daily basis. Toe raises are the best, easiest and most common way of stretching the calf.

The peroneal tendon is normally the only tendonitis condition that occurs only as a traumatic condition. The peroneal tendon, which runs down the outside of your leg, under the outside knob on your ankle and attaches to the bones of your foot is dorsiflexed (foot flat, up and forward, leg comes down on foot, as in landing short) and then develops a severe tendonitis condition. This condition, if it occurs, should be seen by a physician.

So let's look one more time at the problem of tendonitis. The rope-like structure that connects bone to muscle can become inflamed and painful usually by overuse but sometimes by traumatic injury. As the tendonitis evolves there is usually an inability to carry the joint throughout its normal range of motion. To treat tendonitis, it is necessary to decrease the swelling by rest, use of ice and anti-inflammatories, and start to stretch the tendons as pain is alleviated. To prevent tendonitis, the need for strengthening and stretching is important. To be able to work with a joint that has equally strong and supple muscles surrounding it is a major step in preventing tendonitis. The second major step is to be very careful of an overuse syndrome. Don't do a movement in a repetitive manner that causes pain. Ease off and catch the problem early.

Tendonitis can be a real problem to gymnasts of all ages and at all levels of competition, but does not have to be if you will work on strength and flexibility as hard as you work on your gymnastics training.

Selected Reading: Tendonitis

1. Gernick M.D., James G. and Peter Radetsky: *Foot Conditions*, Brown Publisher, Inc., New York 1986. Pages 101-102, 205-206, 241-243.
2. A. A. D.S.: *Athletic Training and Sports Injuries*, A. A. D.S., Chicago, IL, 1984. Pages 198-199, 225, 310-311.
3. Kulund M.D., Donald N.: *The Injured Athlete*, J.B. Lippincott Co., Philadelphia 1988. Pages 307-308, 327-328, 379-380, 459-460.
4. Steven M.D., Roy and Richard Irwin, A.T.C., Ed. *Dr. Sports Medicine*, Parmiter Hall, Englewood Cliffs, NJ, 1989. Pages 98, 139, 186, 215-242, 432, 452.

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Taping Combined With Exercise

By Larry Nassar, A.T.C.

Gymnastics! No other sport requires so much strength, power, flexibility, grace and coordination. Unfortunately, due to one reason or another, gymnasts can become injured. One of the most commonly used methods of assisting the gymnast in recovering from an injury is to apply tape or a brace to the wounded area. Many coaches, however, believe that this form of treatment can become abused by the gymnast. The coach often tries to decide if the tape that is being applied is a necessity or not.

There are several reasons why a gymnast may use tape or a brace. The gymnast could have a recent injury that needs the extra protection to prevent further damage to the weakened area. He/she may need the additional support to protect an old injury from reoccurring. Some gymnasts tape or apply a brace to an uninjured area to prevent that part from becoming damaged. There are others that use the tape simply because someone else does or because they think it looks "cool." Trying to gain attention or sympathy are other reasons. Wasting time at practice or missing whole sections of practice may also be the motive behind wearing tape. Finally, some gymnasts use the tape because it's some kind of ritual. Almost every coach can think of gymnasts who fit into each of these groups.

How can you sort out those needing the extra support from those who do not? The answer is simple: Exercises. Every gymnast that uses a brace or tape should be doing extra exercises to strengthen that area. Now, those gymnasts who really do not need the extra support will probably not enjoy doing the additional work, make a muscular recovery, and no longer find the desire to use the tape. The gymnasts who use the tape/brace as a preventative measure should think of the extra work as an added means of protection from injury. Without any exceptions, the gymnast who actually is hurt

should be doing exercises to strengthen the injured area whether taped or not. Obviously, everyone benefits from doing these exercises. Some gymnasts become stronger and others quit wasting practice time and their parents' money by no longer taping themselves. Thus, the coach is able to tell which gymnasts actually use the tape/brace to assist them through practice from those gymnasts who do it.



Taping Tips

1. Always prepare the skin for the tape application by spraying the area with a taping base. This protects the skin and allows the tape to remain supportive for a longer period of time before it loosens.
2. Whenever possible shave the area to be taped. Use the taping base and then apply the tape directly onto the skin. This allows the tape to remain supportive for a longer time span.
3. If a pre-wrap must be used before the tape is applied, then only one thin layer of the pre-wrap should be used. Using more than one layer of pre-wrap decreases the support of the tape application.

4. Do not remove tape with regular scissors. The pointed ends of the scissors can cut your skin. Only bandage scissors with a blunt (rounded) end should be used.
5. Do not apply the tape over skin that has lotion or baby oil on it. This causes the tape to be less supportive.
6. After removing the tape application, wash the area and then apply a moisturizing cream. This helps reduce skin irritation.
7. If the tape is applied poorly and the skin becomes cut one should clean the wound with soap and warm water and apply an antibiotic ointment after each tape application. Protect the tape cut by applying a bandage over the wound before taping the area again. Also, a very small amount of petroleum jelly can be applied over the wound to help protect it from further tape irritation.
8. For competition some gymnasts like to use a flesh color wrap of tape. This prevents the tape from becoming too distracting.
9. The use of a brace or tape should be allowed in practice and competition. If used properly it can assist the gymnast in his/her performance by protecting a vulnerable area.

- In case of allergic reactions to the taping base, discontinue use of the product.
- Some people are allergic to the adhesive that is on the tape. These people must use pre-wrap over the area before applying the tape.

The purpose of this article was not to discourage the use of tape/braces, but instead to encourage the use of exercises.

Larry Nassar is a certified athletic trainer and is president of Athletic Medical Technology, Inc. He is currently attending medical school at Michigan State University's College of Osteopathic Medicine.

KURT THOMAS

THE COMEBACK KID

To say that Kurt Thomas had a very successful career as a U.S. gymnast is an understatement. The 5-foot-5, 126 lb. dynamo, often referred to as the "Shawn Cassidy of Gymnastics" dominated and transformed gymnastics in this country. From the time he made his first appearance on the international scene at the 1975 Pan American Games to the 1979 World Championships, where he collected six medals, he set new standards for American gymnasts.

He gained a No. 2 world ranking, set numerous U.S. records at the World Championships (he still holds the record for the men's highest all-around, floor exercise, high bar, parallel bars and pommel horse finish ever), and won many honors including the Sullivan Award, CBS Athlete of the Year and the Laurel Wreath Award.

But he never won an Olympic medal.

In 1992, at the age of 36 he hopes to change that. Thomas recently announced his return to competitive gymnastics. Twelve years and three Olympic Games later, "the wonderboy gymnast of the 70's" hopes to earn what was denied him in 1980—a ticket to the Olympics.

When the United States boycotted the Moscow Olympic Games in 1980, Thomas saw his dreams of an Olympic gold medal die.

"THE WONDERBOY
GYMNAST OF THE
70's" HOPES TO
EARN WHAT WAS
DENIED HIM IN 1980
— A TICKET TO THE
OLYMPIC GAMES.

The Indiana State University gymnast was America's brightest hope for an Olympic success, a success that was almost certain. Thomas, after placing second in the all-around competition at the 1979 World Championships and becoming the first American male to ever win a gold medal with a first in the floor exercise, was ranked as the second best gymnast in the world. He was predicted to medal in the all-around competition as well as several individual events.

Now the 35-year-old wants to give it one more try. Thomas, who retired in 1980, hopes to gain a spot on the U.S. National Team at the U.S. Championships, June 8-10 in Denver, Colo. He has moved to Chicago, Ill. to train with former Indiana State teammate and now elite gymnastics coach Lee Bettaglia at his club, The U.S. Gymnastics Training Center.

Why, after nine years of retirement, does he want to return to a sport in which he will be "the old man" among a group of talented youngsters?

It's a matter of an Olympic medal, says Thomas, and of making a difference.

"I didn't get a chance in 1980 due to the Olympic boycott. At that time, I was on top of men's gymnastics, and retired because I felt it was my time to shine but many financial opportunities

BY PATTI AUER

were coming my way. I couldn't wait it out to see if the Olympics were going to happen. It mentally destroyed me," Thomas explained.

"I saw the Championships of the USA on T.V. in July and I thought I could make and help the team, both in performance and leadership. I want to see if they [U.S. National Team members] can catch me. I will bring the spark back into the sport. There is not enough competition within the composition of the team. When a gymnast is on top he doesn't fight to stay on top. Bart Conner used to constantly challenge me, and it made me better. If Conner ever beat me at a meet it would devastate me. I worked 15 times harder than Bart so that wouldn't happen."

As Bart Conner pushed him, Kurt hopes to challenge the younger gymnasts.

"The guys now think I'm not a threat. I hope to bring back the competitive spirit. Love the fact they're tracking me — it just motivates me. They're going to see a new Kurt Thomas. I just have to put the time in the gym and I will be back. My goal is to be No. 1 and have those guys try to catch me. That's when the success of the team will change. When I get more competitive they will have to get tough and be more competitive or quit," he said.

Finances were one reason for Thomas' departure from competitive gymnastics. At the time when Kurt was competing, a gymnast had a difficult time surviving economically. But today, due to changes in the rules and the help of sponsors, an amateur athlete can train full time and make an income securely.

"The international eligibility rules have changed to allow athletes to fund their training. Companies are now making contributions toward funding athletes' training and making it possible to train full time without holding down a full-time job," Thomas explained.

FORM Plastics Co., a company specializing in the manufacturing of plastic food packages, is making the "Kurt Thomas" comeback possible. The Illinois-based company is sponsoring the gymnast. Its financial generosity enables the former world champion to train full time.

"We decided to help him so he can focus his attention on gymnastics. It's exciting that we are able to help someone represent the U.S.," said General Manager/Vice President Jim Pappas.

Thomas plans to compete at a 1990 USAG Regional Elite Qualifying meet in May, make his way to the U.S. Championships this June and gain a spot on the U.S. National Team. In order to do so, he must finish among the top 12 competitors. To return to competitive gymnastics was a difficult decision, but one that was

made a lot easier once he entered the gym.

"To be honest with you, I had to go back into the gym to see if I could do it. I began training on the compulsory and was able to perform each of my optional skills at the level where I left off in 1980," he said.

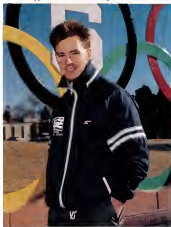
"The next step is to qualify at the regionals and compete in the U.S. Championships. I think I can win the meet. It's confidence in what I can do and who I am. I don't like to say things I can't back up. If I didn't think I could do it, I wouldn't say it. I'm not coming back just to make the team and be there."

Coach Butaglia believes that Thomas will make an impact, once again, in national and international gymnastics.

"Kurt's different. Sure he's human, but there's something there that words don't describe. He performs like a kid, he makes it look easy," the coach explained.

"Nine years ago he was twisting triple backs (a Trifus) on the horizontal bar. Many can't do that today. Sure it [the comeback] can be done, I have no doubt."

Those words may ring true, time will tell. The U.S. Championships may be the dawn of a new era of Kurt Thomas gymnastics.



A determined and confident Kurt Thomas prepares to do more than make the team. He's preparing to win.

OPPORTUNITY TO RETURN

Kurt Thomas may not be the only former U.S. gymnast to return to competition. The World Championships in 1992 may include individual event championships, allowing a gymnast to specialize in one event.

Peter Vidmar, World and Olympic champion, views this change in format as an opportunity to compete in the sport without sacrificing his time on the job and with his family.

"It's something I am really interested in. I'm always playing around on the pommel horse. Training six hours a day, like I did when I was on the team is out of the question. But, to focus on one event, it could be possible," he said. "I would just buy a pommel horse, put it in my garage and train there."

Vidmar, who spends his time touring the country presenting motivational workshops, as well as commenting various televised gymnastics events, even extended an invitation (for challenge) to Tim Duggett, another former champion.

"If he'll [Tim Duggett] do it, I'll do it. But he'll probably beat me," Vidmar said.

EVENTS SCHEDULE

JANUARY

- 1-6 Jr. Nat. Team Training and Camp (M) Colorado Springs, CO
6-7 JOPC Meeting (O) Indianapolis, IN
6-7 Buckeye Classic Columbus, OH
12-13 JOPC Meeting (M) Indianapolis, IN
31-Feb 4 Sr. National Team Camp (M) Colorado Springs, CO

FEBRUARY

- 1-4 Se. Coaches Seminar (M) Colorado Springs, CO
1-4 Jr. Ranking Competition (O) Colorado Springs, CO
16-19 Jr. & Sr. Training Camp (W) Indianapolis, IN
17-18 Peachtree Classic Invitational (W) Marietta, GA

MARCH

- 3-4 McDonald's American Cup (M/W) Fairfax, VA
7 McDonald's Internat'l Mixed Pairs (M/W) Philadelphia, PA
8-13 Rotterdam Abery Cup (M/W) Rotterdam, Netherlands
9-16 *Thuis 4th International Competition Thuis, France
20-25 International Tournament of RSC Louvain, Belgium
30-Apr 1 U.S. Challenge (M/W) Las Vegas, NV
30-Apr 1 KIPS Invitational (W) Fullerton, CA

MARCH

- 31 Level 10 State Meets (O - W) Various Sites
31 Toronto Cup (M/W) Toronto, Canada
TBA Moscow News (M/W) Moscow, USSR

APRIL

- 1-7 Jr. National Team Camp (M) Colorado Springs, CO
2-9 *International TV Tournament (O) Sarajevo, Yugoslavia
6-8 Cottbus Cup (M/W) Cottbus, Germany
7 First Elite Regionals (W) Various Sites
7 Level 9 State Meets (O - W) Various Sites
11-15 USGF Division II & III Championships (M/W) Colorado Springs, CO
17-23 *ITB Cup of Rhythmic Gymnastics PRC
20-21 NCAA Championships (W) Oregon St. University
20-21 NCAA Championships (M) Houston Baptist U.
20-21 Level 10 Regional Meets (O - W) Various Sites
27-29 China Cup (M/W) Beijing, China
27-May 3 Camp and Competition (M) Switzerland
28-29 Second Elite Regionals (W) Various Sites
28-29 *Dual Comp.: USA/CDDR (M/W) TBA
TBA World Sports Fair (M/W) Tokyo, Japan

*tentatively scheduled

(Dates & Events Subject to Change or Cancellation)

Prepared by: Allison McLaughlin, Director of Special Events



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WOMEN'S
COMPETITIONSOVIET
SPECTACULAR!

BY LUAN PESZEK

The 25th World Championships showcased the best gymnasts from around the world. The competition was held in beautiful Stuttgart, West Germany from October 14-22. There were 192 gymnasts representing 26 countries.

The Soviet Union, 1988 Olympic champions, dominated the team competition with a score of 396.793. Alexander Alexandrov, head coach for the Soviet Union, said, "This is the first time I have coached the women's gymnastics team. In the past I have coached the men's team. It is hard to describe what I feel, it's great!"

The Romanian team, defending 1987 World Champi-

ons, attempted to surpass the Soviets, but came up short with a score of 394.931. "I feel the results were correct," said Adrian Gorlac, Romanian coach. "It was interesting here in Stuttgart because

we were not only competing against the Soviet Union, we were also competing against China, the United States and Canada."

China increased their sixth place standing from the 1988 Olympic Games to capture the bronze medal with a score of 392.116. Behind China was the U.S. team with a score of 389.928.

This fourth place finish is the highest placing the U.S. has ever earned at a World Championships competition. After companshes the U.S. team was in fourth place,

The World Champion from the Soviet Union, Svetlana Boginskaja, earned a 10.0 on her expressive floor routine.



where they finished at the 1988 Olympic Games, and maintained their standing throughout the optional round of competition.

Sandy Woolsey was the top all-arounder for the U.S. during the team competition. Woolsey said, "It was the best meet of my life." She scored a 9.90 on bars and beam and a 9.812 and 9.825 on vault and floor. It's ironic that last year, at this time, Woolsey placed 25th all-around at the U.S. Championships and, one year later, she was the highest U.S. finisher in the World Championship team competition.

Wendy Bruce also had the best meet of her life. "A lot of people weren't sure of us because our team is young and inexperienced, but we went out and hit and placed fourth," said Bruce.

Brandy Johnson, who had won every competition she has

entered in 1989, made a few unexpected mistakes during the team optional competition.

"My floor routine started out as the best routine of my life until the last pass," said Johnson. "My ankles were bothering me and I didn't want to land short so I pulled real hard and had too much power!"

Johnson's other error came on bars. "I got psyched out because there wasn't enough time for my touch warmup," said Johnson. "I was rushing and there was only enough time for a reverse hecht and a flip catch—but I missed the flip catch. Then I was kind of in a daze and missed the flip catch in my routine."

Fortunately for Johnson, this year the rules were changed so that scores from the team competition were not carried over and added to the scores from the all-around competition. Therefore, each gymnast

started the all-around competition with zero. This "newbie" situation proved to be great for Johnson.

Christy Henrich had a new flawless optional round of competition. Her high score was on bars with a 9.907.

"The best part of the World Championships is knowing I made the World Team and competing with the best in the World," said Henrich.

Chelle Stack's international experience was obvious through her outstanding performances. She hit all eight routines in compulsory and optional competition. "I think the U.S. team did a good job," said Stack. "We kept the scores rising up."

Kim Kelly had problems on her optional beam routine missing her flip flop, layout, layout combination for a 9.375. However, she did a great job leading off for the U.S. on floor—start-

ing the scores rising from a 9.657.

Jenny Ester and Sheryl Dundas had very important jobs on the U.S. World Championships team as the alternates. If any of the gymnasts were injured before the compulsory competition, the alternates must be ready to compete at a moment's notice. Ester had to warm up compulsories five different times in two days just in case there was an injury.

"I have a 180 degree split now because I've warmed up and stretched out so much in the last two days," said Ester.

Dundas said, "It was hard because I wanted to compete. But I learned a lot from watching and I'm very motivated for the 1991 World Championships in Indianapolis."

Dundas was selected to give the English version of the athletes' oath during the opening ceremonies.



The spectacular team from the Soviet Union won the team gold medal at the 1989 World Championships.

Karen Brown, U.S. coach, said, "We came in fourth, ahead of East Germany, who narrowly defeated us at the 88 Olympics. The girls averaged a 9.80 to 9.90 and I think it was a great finish."

Canada finished in sixth with a score of 384.988 behind the East Germany's 385.378. Canada was probably the most improved team at the competition, increasing their ranking from eleventh at the 1988 Olympic Games to sixth. In addition, Canada was forced to compete in the optional round of competition with only five gymnasts because their sixth team member suffered an injury.



Christy Henshaw advanced to event finals and placed fourth in the uneven parallel bars event.

TEAM FINAL RESULTS

1 Soviet Union	396.793
2 Romania	394.933
3 China	392.116
4 United States	389.928
5 East Germany	385.378
6 Canada	384.988
7 Korea	384.915
8 Bulgaria	384.189
9 Hungary	382.682
10 Spain	382.152

ALL-AROUNDS

The top 36 gymnasts from the team competition, with a limit of three per country, earned the right to compete in the all-around competition.

The three gymnasts from the Soviet Union captured the gold, silver and bronze all-around medals.

Svetlana Bogunskaya, who placed third all-around at the 1988 Olympic Games, won the gold with a 39.50. Bogunskaya, 16, scored a 10.0 on vault (Yurchenko full twist) and floor, plus a 9.95 on bars and beam. Her expressive floor routine had to be the most memorable performance of the day. Although her tumbling is not as difficult as many of the other competitors, her dance is exceptional. She combines jazz and ballet to create an almost theatrical performance.

"I love to dance," said Bogunskaya. "I'm able to change my routine because I got bored with it. I've had this routine for about two months."

When Coach Alexandrov was asked about Bogunskaya's personality, he said, "Only a gymnast with a good personality can become the World Champion. She has risen to the top very quickly and I predict she will stay there for a long while."

When reporters asked Bogunskaya if she was planning to retire she said, "I have contemplated quitting gymnastics, but, because of my success, I will continue to do gymnastics."

The silver medal was awarded to Natalia Laschenova with a score of 39.862. Laschenova also scored a perfect score on vault (Yurchenko full twist) and on bars. She scored a 9.875 on beam and a 9.987 on floor. Laschenova is very powerful, executing a flip flop, flip flop, full-in back-out salto to dismount



off the beam as though she were on the floor.

Oliga Stogrova was awarded the bronze medal with a score of 39.774. Stogrova didn't score any perfect 10.0 routines, however, she did score a 9.962 on her Yurchenko full vault, 9.925 on bars, 9.925 on beam and 9.962 on floor.

"I had hoped for all three medals but I didn't expect it," said Coach Alexandrov.

Fourth all-around went to Cristina Bontas from Romania with a score of 39.762. Bontas scored a perfect 10.0 on her energetic floor exercise routine. The petite Bontas first pass included a round off, flip flop, full-in back-out, straddle jump, round off, flip flop, double back. Bontas scores on the other events included a 9.875 on vault, a 9.90 on bars and a 9.925 on beam.

Bo Yang and Cuijing Chen from China placed fifth and sixth in the all-around with

scores of 39.687 and 39.662. Bo Yang was affectionately termed "Young Bo" by the audience due to her small size.

The U.S.'s Brandy Johnson and Sandy Woolsey placed seventh and eighth all-around with scores of 39.574 and 39.475. Johnson scored a 9.937 on vault, 9.925 on bars, 9.887 on beam, and a 9.825 on floor. Johnson's seventh place finish in the all-around competition is the best placing for the U.S. at a World Championships competition since 1981, when Julianne McNamara also placed seventh all-around.

"I was happy with my routines," said Johnson.

Woolsey's scores included a 9.950 on vault, 9.850 on bars, 9.775 on beam and a 9.90 on floor.

The top eight finishers were announced on the award stand after the competition, therefore, the U.S. was well-represented with both Johnson and



Beandy Johnson had a strong day of compulsions, especially on bars.

higher. I was satisfied with all of my routines except bars—because I hit my head on the bar after my release," said Bruce.

Henrich and Stock were in the top 36 after the team competition, however, due to the three-gymnasts-per-country rule, were unable to advance to the all-around finals.

Daniela Silvas, the silver medalist from the 1988 Olympic Games, had a fall on her last event, beam, and dropped to twelfth place in the all-around.

"The competition was too long and it's very difficult to be exact—especially on beam," said Silvas.

ALL-AROUND FINALS

1. Bogumilowa, S. URS 39.900
2. Lushchenova, N. URS 39.862
3. Stragova, O. URS 39.774
4. Bontas, C. ROM 39.762
5. Yang, Bo CHN 39.687
6. Chen, Cuting CHN 39.662
7. Johnson, B. USA 39.574
8. Woolsey, S. USA 39.475

EVENT FINALS

The top eight gymnasts in each event, from the team competition, advanced to the event finals competition. The U.S. qualified three gymnasts to the event finals—Beandy Johnson in the vaulting event, Christy Henrich and Sandy

Woolsey in the uneven parallel bars event.

On the first event, vault, Olesia Dudrik from the Soviet Union won the gold medal with a score of 9.950. She used a Yurchenko double twist and a front hand spring front tuck salto with a half twist.

It is interesting to note that Dudrik placed seventh in the all-around team competition. She was unable to advance to the all-around finals due to the three-gymnasts-per-country rule. However, she did advance in three of the four event finals.

Johnson and Bontas scored a 9.950 to tie for the silver medal. Johnson did a Yurchenko full for her first vault and a front hand spring front pike salto with a half twist for her second vault. Johnson's World Championship silver medal on vault is the highest place finish ever received by a U.S. gymnast on that event.

Silvas, from Romania, may have had a mistake during the all-around finals, but certainly didn't make any mistakes during the event finals. In fact, she won three of the four event titles.

Chelle Stock's international experience was evident when she hit eight for eight routines.

"I'm very happy for my comeback," said Silvas.

Silvas and Fan Di from China tied for the gold medal on bars with a perfect score of 10.0. Taking the bronze medal with a score of 9.975 was Stragova from the Soviet Union.

The U.S.'s Henrich placed fourth on bars with a score of 9.950—her highest score ever in this event. T. H. e U.S.'s, Woolsey, scored 9.800 for seventh place on bars.

Silvas took the gold on beam with a score of 9.950. Dudrik placed second with 9.907. Dudrik did a beautiful round off full twist on the balance beam—the only one attempted during finals at the World Championships. Gabriela Potomac from Romania won the bronze medal with 9.887.

Silvas and Bogumilowa tied for the gold medal on floor with a perfect 10.0. Bontas took the bronze medal with 9.962.

VAULT

1. Dudrik, Olesia URS 9.957
2. Johnson, Beandy USA 9.950
3. Bontas, Cristina ROM 9.950

BEAM

1. Silvas, Daniela ROM 9.950
2. Dudrik, Olesia URS 9.937
3. Potomac, G. ROM 9.887

BAR

1. Fan, Di CHN 10.00
1. Silvas, Daniela ROM 10.00
3. Stragova, Olga URS 9.975

FLOOR

1. Bogumilowa, S. URS 10.00
1. Silvas, Daniela ROM 10.00
3. Bontas, Cristina ROM 9.962



WOOLSEY PEAKS AT WORLDS

BY LUAN PESZEK

If an award was given for the most improved gymnast, Sandy Woolsey would probably win!

Woolsey has shown tremendous improvement over the past year. She placed 25th all-around at the 1988 U.S. Championships competition and, at the same competition one year later, placed third all-around. Recently, she was the spark that led the U.S. women's team to a fourth place finish at the World Championships competition in Stuttgart, West Germany.

Woolsey moved from Denver, Colo. to Tempe, Ariz. at age 14 because she aspired to

be the best she could be in gymnastics.

At age 7, Woolsey began her gymnastics career. "I did cartwheels all over the yard," said Woolsey. "My parents decided to put me in a tumbling school. From there I went to Mile High School of Gymnastics in Denver. I trained there for eight years with Ron Koslow and Bernadette Young. I was finally ready for the elite level, but there were no elites at that time in Colorado, so I moved to Arizona."

Why Arizona? "My best friend moved there and I used to visit her every summer. While visiting, I would work

Sandy Woolsey's biggest gymnastics highlight, thus far, has been the 1989 World Championships.

out at the Desert Devils," said Woolsey. "I liked the gym, the girls and the coaches at Desert Devils."

Woolsey lived with her best friend's family for a year, while training with Stormy Eaton at Desert Devils. Then, after one year, the Woolsey family, Paul, Elly and son, Dusty, moved their home to Tempe, Ariz.

My mom transferred with Mountain Bell and my dad found a new job," said Woolsey. "I was real happy when they moved down."

While training at the Desert Devils, Woolsey moved up the ladder of success very quickly. She attributes her quick rise through the ranks to all the people who have coached her and her family and friends for their support.

Coach Eaton said, "Sandy



doesn't let outside things interfere with her workouts. She is always physically and psychologically prepared for workout. That gives her an edge over most other gymnasts."

It seems Woolsey's hard work and high aspirations certainly have paid off. In addition to leading the U.S. to a fourth place finish, Woolsey

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also qualified for the all-around finals and placed eighth—making her the eighth best gymnast in the world! In addition, she placed seventh in the uneven parallel bars event.

"Bars is my best event because I can relax when I compete. I feel most confident on bars," said Woolsey.

Woolsey's biggest gymnastics

highlight, thus far, has been competing in the 1989 World Championships.

"I wasn't even nervous," replied Woolsey. "I had prepared very well and all I had to do was go out and hit my routines."

Elton said, "I think Sandy hit her peak for the World Championships. I have never seen anybody put things to-

gether so perfectly at just the right time like Sandy did. However, I don't think she's hit her all-time peak. Sandy's long term goal is to make the 1992 Olympic team."

"The World Championships competition was the biggest meet I've ever been to. It was fun to represent the U.S.," said Woolsey. "The best gymnasts in the World were there. I saw Daniela Silivas and Aumha Dobie in person! It was a great experience."

And Woolsey was in for another "experience" as she stepped off the airplane—she was greeted by over 100 classmates, teammates, family members and television cameras. "I was shocked," said Woolsey. "Everybody was yelling."

In addition, Woolsey's school, Marcos de Niza High School, had an assembly in her honor complete with band, cheerleaders and principal! "A lot of people from school never even knew I was a gymnast," said Woolsey. "During the assembly they gave me a homecoming t-shirt because I missed our homecoming. I really appreciated it but I was

very embarrassed," said the modest Woolsey.

When asked what the U.S. will have to do differently at the 1991 World Championships to increase their fourth place finish, Woolsey said, "I think we will have to perfect what we have, improve our difficulty and look thinner. I definitely want to be a part of those efforts!"

However, after 28 days of traveling in France and West Germany, Woolsey has her sites set on another goal—to make up a month's worth of school! Woolsey is a senior with a 3.8/4.0 grade point average. She has her scopes set on college.

"I like math and physics," said Woolsey. "I would like to, some day, be involved in the space program."

Woolsey plans to attend college at Arizona State University in 1990 and continue training with the Desert Devils for the 1992 Olympic Games.

"That's my long-term goal right now," said Woolsey.

With Woolsey's drive and dedication, there is no telling what she will achieve!

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WENDY BRUCE KNOWS NO BOUNDS

BY PATTI AUER

Measuring the improvement of Wendy Bruce is not an easy task. The 5-foot-1 ball of fire, known for her explosiveness on the competition floor, has upgraded her talent, not in small doses, but in quantum leaps.

Two years ago, at the 1988 U.S. Championships, Wendy was the 21st finisher, only qualifying for the U.S. National Team when several gymnasts retired. Two months ago, at the 1989 World Championships in Stuttgart, West Germany, she became the 11th best gymnast in the world.

This Altamonte Springs, Fla. resident, who trains under coach Kevin and Rita Brown, had a shaky emergence onto the national, let alone the international, scene. The 1988 U.S. Championships were her first senior national championships—it is a meet she would like to forget.

"I kept falling all over the place. There were T.V. cameras and they freaked me out. I had a really bad meet," Wendy recalled about her 21st place performance.

"The pressure got to her. It was an Olympic year and she was very nervous. She fell on her first event, it was a down period for her," Rita Brown explained.

But after the bleak begin-



Competing in her first major international event, Wendy Bruce gives the performance of her life.

ning, things began to look brighter. The 1989 U.S. Championships brought a 50th place finish. Then came the 1989 World Team Trials in Tempe, Ariz. With teammate and national champion Brandy Johnson sidelined with a virus, the competition became "a battleground," Wendy came out of the heated competition on top, earning her first national victory. From there it was on to Stuttgart, West Germany and her first World Championships.

There Wendy Bruce

reached her highest plateau—so far.

Competing in her first major international event, before a foreign crowd and in view of numerous television cameras, Wendy gave the performance of her life. Gone were the falls, the bobbles and the nervous misuses. In their place stood a solid 11th place all-around finish.

"I really wasn't nervous. I didn't have much pressure on me because I was the underdog and no one was watching me." Her coaches certainly had

their eye on Bruce. What they saw was their gymnast reaching a new level of excellence.

"Her first event, during the all-around finals, was beam. It was the best routine of her career," recalled Rita. "She scored a 9.88 and she was on a roll. Then she went to the floor and got a 9.925."

The World Championships mark another step for the 16-year-old. They were not a strong finish, in itself Bruce, but a new beginning.

"My goal was really the top 10 (but I guess I did okay. I now have an international name as well as experience. Now the other meets won't seem as hard," Wendy said.

"This year you will see and hear a lot about Wendy Bruce," predicted Rita Brown. "I see good things for her. She now has the confidence, the maturity and the skill. Being there, at the World Championships she surely was ranked among the better half. She can believe in herself."

But now, she says, it's time to head back to the gym—and to new heights of improvement.

"Of course I'm looking to the 1991 World Championships—they're at home [in Indianapolis, Ind.] and the 1992 Olympics," she said. "But I just have to go into each meet and do my best."

It seems that her best knows no bounds.



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MEN'S COMPETITION

U.S. NARROWS THE GAP

BY LUAN PESZEK

The Soviet Union, defending World and Olympic champions, was as spectacular as ever winning the team gold medal plus the all-around final competition and three event titles. The Soviet Union scored 587.250—almost seven points above their closest competitor. Soviet men's head coach, Leonid Arkarev, said, "I don't want to be unfair, but I expected the domination. It has been like this before at other competitions." Arkarev did say that he felt the competition from other countries was getting stronger.

The Soviet Union's Vladimir Artemov was asked how important the team gold medal was and how he and his teammates would celebrate the victory. He said, "This is my fourth World Championship and my fourth



Left to right: Valentin Moguilni, Igor Korobchinski, and Li Jing became the top three gymnasts in the world.

team gold medal. The team gold is most important." As for celebrating, "I don't know how we will celebrate. There is no time for it," said Artemov.

The Democratic Republic of

Germany earned the silver medal with a score of 580.85. Considering the problems this team encountered with injuries before the competition, they should be very proud of their accomplishment. Two

of their top gymnasts had to be replaced on the team just weeks before the competition due to injuries. In addition, Mike Belle injured his knee two days before the competition and the alternate stepped in to take his place.

The coach from the Democratic Republic of Germany said, "It was a problem to replace three gymnasts on the World Championship team, but I expected my team to fight for a medal, not necessarily the silver. I was very pleased."

Third place in the team competition went to the People's Republic of China with a score of 579.30. China increased their fourth place ranking from the 1988 Olympic Games.

Japan placed fourth with a team score of 575.550. Coach Arima said, "We were expecting a third place finish. After competitors we were in



Lance Ringwald was the top finisher for the U.S. with a score of 34.450.

fourth and maintained that place throughout the optional competition. In spite of the injuries we had, we did okay."

Japan, who finished third at the 1988 Olympic Games, had

to compete with only five gymnasts on the floor due to an injury. Masayuki Matsunaga sprained his ankle and was unable to compete optional.

The U.S. men's team, although young and inexperienced, is on the rise. The U.S. finished ninth at the 1987 World Championships and eleventh at the 1988 Olympic

Games and now, at this year's World Championships, had Bulgaria for eighth place in the team competition.

"We're very happy with the outcome," said Jim Hartung,

one of the coaches for the U.S. "It was an intense competition and we went for broke and gave 100 percent." He added, "I think the U.S. team was the most improved team on the floor. Mas Watsonbe has put together a good plan. We'll make minor adjustments and continue in the same direction."

Ed Burch, another U.S. coach, said, "Many predicted we would score 280 in compulsory because our team is young and inexperienced. We scored 284 plus and have definitely fulfilled our goals and objectives. The team as a whole did well."

The U.S. team consisted of Kevin Davis, Lance Ringwald, Conrad Voorsanger, Tim Ryan, Patrick Kirksey, Mike Rasmella, and Charney Umphrey.

Voorsanger said, "The best part of this trip was when I stuck my rings dismount because it was my last event and I knew I had done a good job."

Davis said, "I was real happy with how we handled the pressure. None of us have been to a World Championship competition before."

The U.S. had a good chance at seventh place until the last two events in optionals—high bar and floor. Due to a few misses, the U.S. settled for an eighth place tie with Bulgaria.

"I think I tried too hard on floor," said Rasmella. "I should have just tried to relax and enjoy it. I really enjoyed my gymnastics on the first five events and they went well. Then I tried to put too much emphasis on floor and that's when I got into trouble."

Robert Cowan, men's program administrator, said, "We were eleventh in Seoul and it's hard to move up too fast. We came in with a young group of guys, but they're a united group. They worked extremely hard."



Twisting with style Conrad Voorsanger was one of the three U.S. gymnasts to advance to the all-around finals.

MEN'S ALL-AROUND

The arena's gymnastics crowd resembled one from a hockey game. There were whistles, horns, drums, chants, flags waving, gongs and other signals of support from the boisterous crowd.

Igor Kozubchinski and Valentin Mogulov, both from the Soviet Union, were neck and neck throughout the entire competition. It was down to the last event, floor, and Kozubchinski needed a 9.80 to tie with Mogulov. Kozubchinski performed a near flawless routine, except for the one step on his last pass, for a 9.90 and the gold medal. After his routine he bowed to the crowd, he knew he had earned the

title of the new World Champion. He scored 59.25 to Mogulov's 59.15.

"I feel very good and happy," said Kozubchinski. "I feel vault was the key to my victory."

Kozubchinski and Mogulov scored the only 10.0's in the all-around final competition in vault and pommel horse. Kozubchinski's vault was an incredible front handspring double front—stuck perfectly.

Third all-around went to China's Li Jing with a score of 58.80. Jing's highest scored event was high bar with a 9.90.

Yukio Ikazami from Japan tied for fourth all-around with Andreas Wecker from the German Democratic Republic, with a score of 58.70.

The surprise of the evening was the sixth place finisher, Vladimir Artemov. Artemov, the defending World and Olympic Champion, had a fall on high bar during his release move which earned him only a 9.35.

Artemov said, "Of course I'm disappointed with Artemov's mistake—I didn't expect it. But the competition is getting tougher and tougher."

Davis, Ringwald and Voorsanger competed in the all-around finals for the U.S. Davis scored a 9.45 on pommel, 9.25 on rings and, on his third event, vault, he unfortunately landed short and had to scratch from the competition because of an ankle injury.

Ringwald scored a 9.45 on rings, 8.55 on pommel horse, 9.55 on vault, 9.7 on parallel bars, 9.80 on high bar and 9.4 on floor for an all-around score of 56.40 and 29th place in the rankings.

"I was more relaxed during the all-around finals," said Ringwald. "My best event at this competition was high bar."

Voorsanger scored 9.45 on pommel, 9.35 on rings, 9.1 on parallel bars, 9.55 on high bar, 9.05 on floor and a 9.30 on vault. He had two major mistakes—overrotating his dismount on parallel bars and overrotating his first pass on floor. Voorsanger's all-around score was 56.30 for 30th place.

EVENT FINALS

In the floor exercise event finals, Kozubchinski won the gold medal with a score of 9.93. He had tremendous difficulty executing a double layout with a full-out for the first pass, a layout Arabian one-and-three quarters for the second pass and a double layout for his dismount.

Artemov took the silver with a 9.65 and Li Chunyang from China scored 9.60 for the bronze.

Mogulnin won the gold medal on pommel horse scoring a perfect 10.0, utilizing an innovative routine with impeccable one pommel and behind the back work.

The silver medal went to Wecker, Democratic Republic of Germany, with a 9.962 and the bronze medal was awarded to Jing with a score of 9.937.

Rings was the most exciting event of the day because Andreas Agular from West Germany (where the meet was held) won the gold medal.

The crowd went wild cheering, clapping and chanting Agular's teammates picked him up and carried him around the outside podium area.

"I never dreamed of winning the gold medal," said Agular. "I was hoping for the bronze." He added, "I feel it

was an advantage to compete in my own country because the spectators supported me very much."

Wecker won the silver medal with a score of 9.862 Vitali Mannich from the Soviet Union and Yun Chedu from Italy tied for the bronze with a score of 9.812.

In the vault event, the Democratic Republic of Germany won the gold and silver medals. Joerg Behrend scored 9.881 and Sylvio Kroll scored 9.874. With a score of 9.868, Artemov was awarded the bronze medal.

Artemov and Jing tied for first on parallel bars with a 9.90 and Wecker placed third with 9.887.

The high bar champion was Changyang with 9.95. Silver medalist, Artemov, scored 9.90 and Iketani from Japan won the bronze with a score of 9.875.

TEAM FINALS

1. Soviet Union	387.250
2. Dem. Rep of Ger.	360.850
3. China	370.300
4. Japan	375.350
5. Hungary	374.300
6. Romania	372.450
7. Italy	369.150
8. United States	348.250
8. Bulgaria	348.250

ALL-AROUNDS

1. Korobchinski, I. URS	99.250
2. Mogulnin, V. URS	99.150
3. Jing, Li. CHN	98.800
4. Iketani, Yukio JPN	98.700
4. Wecker, A. RDA	98.700
6. Artemov, V. URS	98.550
7. Gu, Li. CHN	98.500
8. Takano, Cyula HUN	98.450
8. Gherman, M. ROM	98.450

FLOOR

1. Korobchinski, I. URS	9.937
2. Artemov, V. URS	9.875
3. Changyang, Li. CHN	9.850

POMMEL

1. Mogulnin, V. URS	10.00
2. Wecker, A. RDA	9.962
3. Jing, Li. CHN	9.937

RINGS

1. Agular, A. RDA	9.875
2. Wecker, A. RDA	9.862
3. Mannich, V. URS	9.812

VAULT

1. Behrend, J. RDA	9.881
2. Kroll, Sylvio RDA	9.874
3. Artemov, V. URS	9.868

PARALLEL BARS

1. Artemov, V. URS	9.900
1. Jing, Li. CHN	9.900
3. Wecker, A. RDA	9.887

HIGH BARS

1. Changyang, Li. CHN	9.950
2. Artemov, V. URS	9.900
3. Iketani, Yukio JPN	9.875

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BULGARIANS AND SOVIETS TRIUMPH

BY NORA HITZEL

The 14th annual Rhythmic Gymnastics World Championships in Sarajevo, Yugoslavia was a very long and complicated event featuring 95 individual athletes and 32 groups from 39 countries. The five-day event featured the use of a new code, a new team award, and a new system of determining the all-around winner. However, the old rivalries remained evident.

Throughout the competition, and in every event, the medal battle between the Soviet Union and Bulgaria was as intense as ever. The athletes from these two countries, again, demonstrated to the world their superior technical skill and sport innovation that account for their continued world dominance.

The final medal count gave the Soviets a slight edge with a total of 11 medals to Bulgaria's 10. However, the Soviet gymnasts captured eight gold medals, while Bulgarians could only claim five. Of great interest was the emergence of Spain as the only real challenger — especially in the group routines. Spain was the only other country to break into the top three places, winning a total of four bronze medals.

TEAM COMPETITION

Team medals were presented for the first time at the 14th World Championships. Thirty countries — each entering three all-around gymnasts



Bulgaria's Bianka Panova scored a perfect 10 on her energetic hoop routine.

— were eligible for the team award. The two-day all-around competition was used to compute the team winners. Of no surprise, but certainly a statistical miracle, the Soviet and Bulgarian teams tied with an accumulated 114,850 points for the gold team medal. Spain was a distant third with 113,850 points. The U.S. team — Diane Simpson (Illinois Rhythmic) coached by Inna Vidovets, Al-

exandra Feldman (LA Lights) coached by Alla Svinisky, and Jennifer Lovell (Miami Dolphins) coached by Mary Ellen and Margaret Holdreith, finished in 18th place with a team score of 108.60.

INDIVIDUAL ALL-AROUND COMPETITION—PRELIMINARY

A new system was used to determine the all-around cham-

pion. After two days of preliminary competition, 26 athletes, with a maximum of two per country, advanced to the all-around final competition which determined the medal placement. This was a "new idea" competition meaning that no scores were carried over from the preliminary round of competition.

In the preliminary all-around competition, the U.S.'s Feldman scored a 9.20, her highest score, for the rope routine while Lovell's best score was 9.15 for ball and ribbon. Simpson, 1988 U.S. Olympian, was consistent in all four routines scoring a high of 9.45 for her ribbon routine. Simpson was the only athlete for the U.S. to qualify into the all-around final by virtue of her 23rd place in the preliminary competition.

INDIVIDUAL ALL-AROUND COMPETITION—FINALS

Alexandra Titarenko of the USSR, who was the 1988 Olympic bronze medalist, performed nearly to perfection and won the gold medal with an all-around score of 38.750. The judges awarded her a 10.0 for her dynamic hoop routine.

Bulgaria's Bianka Panova, who showed a new and more energetic approach to her routines than at the 1988 Olympic Games where she finished fourth, won the silver medal with a 38.70.

Adriana Dăneş of Bul-

goria and Oksana Skaldina of the USSR tied for the bronze medal with a score of 39.70. Dounavska, the silver 1988 Olympic medalist, also received a 10.0 for her rope routine.

Simpson was in position to move up in the rankings, however, she had a costly drop in the ball routine which moved her down to 26th place by the end of the day.

GROUP ROUTINE

The group competition is always a hotly-contested and crowd-pleasing event. The rhythmic groups truly are the representatives of each country — they must train and compete as a finely-tuned team. A group is composed of six active gymnasts and two alternates. Each group must compete in two separate competitions with two different routines. One of the group routines at this World Championships was performed with three hoops and three ribbons, the other event was performed with 12 clubs.

The Illinois Rhythmers, coached by Irina Vidovets, represented the U.S. The athletes were Melyi Karsuz, Brooke Bushnell, Tricia Adkins, Robyn Barnes, Tracey LaPore, Jennifer Hinske, Jennifer Smiley and Casey VanLoon.

Karsuz said, "Having competed in the 1987 World Championships, I felt more confident and ready for the 1989 World Championships."

After months of working together, the U.S. group was primed for a superb World Championships competition. However, disaster struck two

days before the competition during training. Tracey LaPore, one of the leaders and most experienced members of the group, was rushed to the hospital for an emergency appendix operation. The group rallied and spent extra training hours working with the alternates to achieve the same cohesive performance.

"Despite a few setbacks we had during the week of training, our team held together through it all and competed

silver and bronze medals, respectively.

The second day of group competition featured the club routine. The U.S. club routine was not as solid as their first day, therefore, they had to settle for 12th place. The results of the preliminary club competition found Spain in 2nd place, behind the Bulgarians, with the Soviets in 3rd — a major coup for the Spanish delegation. However, when the two group scores were combined, the all-

In the group routine finale, Bulgaria won the club event and the USSR improved their previous position to take the gold in the ribbon and hoop events.

SUMMARY

The Bulgarians and Soviets continue to dominate, however, athletes from many countries around the world are beginning to catch up, as Spain demonstrated by their final position. The U.S. has a great deal of work ahead of them but because of the talent and dedication of the U.S. coaches and athletes, there is no doubt that their position in the World will greatly improve over the upcoming years.

Jennifer Lovell summed it up best by saying, "The World Championships have inspired me to work harder. I'm really excited to get back to the gym!"



The U.S. delegation in beautiful Sarajevo, Yugoslavia.

extremely well," said Hinske.

The U.S., by draw, was first up on day one. The hoop and ribbon routine was performed to a rousing musical arrangement of "Batman." Even though the "Batman" phenomenon still hadn't hit this part of the world, it was a real crowd pleaser.

"I was proud to be part of the U.S. team and was lucky to have had such a chance," said Adkins.

Despite the problems encountered earlier, the U.S. group scored a 17.70 out of 20. This score was good enough for a tenth place overall finish but not to qualify into the finals. The USSR, Bulgaria and Spain took the gold,

around gold medal was awarded to Bulgaria. The Soviets claimed the silver, and Spain the bronze medal.

EVENT FINALS

Ties dominated the final competition, which appeared to be more of a celebration than a competition. Panova, Skaldina, and Timoshenko all were awarded a 9.0 in the rope and hoop events. In the ball competition, Timoshenko was given a 10.0 for her exercise, while Dounavska and Panova tied for 2nd with 9.90. Skaldina finally received a well-deserved gold medal in the ribbon event, while Timoshenko, Bepcheva, and Dounavska all got a 9.90.

TEAM RESULTS

1	Bulgaria	138.550
2	Soviet Union	138.350
3	Spain	132.850
4	Poland	132.500
5	Czechoslovakia	132.850
6	Romania	132.550
7	West Germany	132.200
8	Italy	132.000

INDIVIDUAL ALL-AROUND

1	Timoshenko, A.	USSR	39.950
2	Panova, Daniela	URS	39.700
3	Skaldina, O.	URS	39.600
4	Dounavska, A.	URS	39.600
5	Bepcheva, Ana	BUL	39.600
6	Rajna, Malina	YUG	39.450
7	Panova, S.	ITA	39.350
8	Akopyants, Elena	ITA	39.200

GROUP ALL-AROUND

1	Bulgaria	39.750
2	Soviet Union	39.450
3	Spain	39.750
4	Czech	39.650
5	Czechoslovakia	39.650
6	Japan	39.625
7	North Korea	39.550
8	France	39.550

USA GYMNASTICS interviewed the top men's coaches in the United States. Although there are many excellent gymnastics coaches, we limited our coverage to the top six senior coaches and the top junior coach.

The senior coaches were selected according to their gymnasts' U.S. Gymnastics

The junior coach among the Junior

You'll read all coaches, their secrets what their philosophies are toward producing a national team member.

You'll also learn how many hours a week these coaches train their gymnasts, what they like to do in their spare time and what their predictions are for the U.S. men's team in 1992.



in the U.S. The selected according to rankings at the 1989 Championships. was selected from Olympic Program. about these top for success and phies are toward al team member.

BY LUAN PESZEK



Pictured here at the Olympic Festival, Sadao Hamada gives Conrad Voorzanger some pointers for his vault.

Sadao Hamada coaches at Stanford University. He has coached gymnastics for 17 years. He competed in gymnastics both in his homeland, Japan, and the U.S. Hamada has two gymnasts on the national team, Tim Ryan and Conrad Voorzanger.

"I believe that fundamentals are the most important factor in gymnastics. I like to teach correct basics first, then develop harder skills. If you take a short cut, sooner or later, the gymnast will stop improving and you must go back to the basics. This is frustrating for both the gymnast and the coach. Once you have talented gymnasts with sound basics then it's only a matter of time to develop him into a national team member. I have the patience to teach basics even though it's time consuming and boring. This year I was very fortunate to have my assistant coach,

Tong Pei, to help me, coach. I think Tong Pei and I work very well with the gymnasts."

Hamada has been influenced by Mas Watanabe. "We come from the same high school, and college in Japan. We trained and competed together and we even came to the U.S. together in 1969."

When asked when he saw gymnastics in 1992, Hamada said, "I think we are capable of finishing in the top six but we coaches, judges, and USGF must cooperate to work toward a goal we set. Whatever rules we make, must be made for the U.S. gymnasts instead of an individual or an individual institution or club. I'd like to produce as many Olympians as possible from my program, but in the meantime, I'd like to spend my energy to improve the whole U.S. gymnastics program."

continued on page 36

SENIORS			
Coach	Gymnast	Ranking At 1990 U.S. Championships	
1. Sadao Hamada	Tim Ryan Conrad Voorzanger	1 4	
2. Ed Burch	Lance Ringnold	2	
3. Peter Karmura	Mike Racine	3	
4. Francis Allen	Kevin Davis Tom Schlotzky Patrick Kelsey	5 6 8	
5. Art Shurlock	Chaney Umphrey	7	
6. Fred Roethlisberger	John Roethlisberger	9	
JUNIOR			
1. Dennis McIntyre	Drew Durbin	Class B Champion	

Ed Burch coaches at Gold Cup Gymnastics School in Albuquerque, N.M. Burch has coached for 19 years. He is a former gymnast and also participates in judo and karate. Since Burch has been coaching, he has had a national champion at every level — Class II, I, Elite, and an Olympian. Burch's national team member includes Lance Ringwald.

"The most important thing to me in producing a U.S. National Team member consistently and never say 'I can't'."

Most coaches want instant success. By taking the time and initiative to teach proper progressions it will enable all athletes to improve and head towards high level and consistent gymnastics.

I feel there are two things that set me apart from the other coaches. One is that I am not afraid to admit that I don't know everything. If I want to teach a new skill, I find ways of teaching progressions which adapt to my gymnast. What works for one gymnast may not work for another gymnast. I adapt according to the needs of my gymnast and I will not take no for an answer. Secondly, if I tell it can't be done, I make an effort to get it done!

Burch enjoys coaching because he enjoys watching the developmental progress of all his athletes. "It's in my blood," he said. Away from the gym he said, "I love yard work and spending as much time as possible with my super wife and kids."

As for the future, Burch said, "We will have a young, experienced team. I would like to be the Olympic coach and possibly have three out of seven boys, whom I've coached, make the Olympic Team."

Peter Kornmann coaches at Ohio State University. He not only has 13 years of coaching experience, he also was an Olympic medalist in gymnastics. Kornmann coaches national team member Mike Razzanelli 30 hours a week. He enjoys coaching because he likes working with different types of people.

His coaching philosophy is, "Each athlete is different." "What works for one, may not work for another. The key to success as a coach is the ability to adapt different styles to fit the needs of each individual. It is a challenge to find the proper formulas for each new gymnast. It is what makes coaching gymnastics very exciting."

Coaches that Kornmann looks up to are Joe Schwab and Albie Grossfeld. "Joe, my high school coach, taught me the meaning of hard work and Albie taught me how to coach."

"Men's gymnastics is going through great changes in the U.S. We are trying to keep pace with the rest of the world and in doing so, things of the past may not work anymore. We are finding that short and long term goals are a must, now more than ever before. Gymnastics has become a full-time job for both athletes and coaches. The biggest challenge for 1992 and beyond is to develop a working system that allows gymnasts to train full-time and with proper direction."

The future for gymnastics in the U.S. is unlimited. We have more to work with than any nation in the world. The key is careful planning."



Ed Burch congratulates Lance on a job-well-done!

Farrell Allen is the director of three separate schools of gymnastics, Nebraska School of Gymnastics, a Development Center, and head coach at the University of Nebraska for 21 years.

Allen coaches national team members Kevin Davis, Patrick Kirksey and Tim Schleminger about 19 hours per week.

Allen was a state champion, three-year letter winner, Big 8 Champion, National qualifier and finalist in NCAA gymnastics. Allen enjoys coaching because, "I like seeing boys and girls participate in gymnastics at all levels and have a great time developing to their maximum potential."

Allen's philosophy on producing a U.S. National Team is, "To get the best American gymnasts we can get, give them the best care that we can give them, and give them what we think is one of the better coaching staffs in the country. We try to keep an open mind as to what the gymnasts' needs are including their academic needs, social needs, etc. And we first that we put a quality product out on the floor."

"In the last 10 years at the NCAA Gymnastics Championships, Nebraska has won six National titles. We have produced numerous All-Americans and National Champions in individual events. Jim Howard is actively involved in half of all of the processes that go on here. All the members of the staff, Howard, Chuck Chmielek, Jim Hartung and myself inject something into the program."



Peter Kornmann spotlights Mike Razzanelli for a ring routine.



Many coaches have had an effect upon Allen. "Jimmy Kossens taught me that there are different ways of teaching," said Allen. "Pat Sprague, my high school coach, and my college coach, Jake Geyer, were very instrumental in leading me into a physical education degree and masters here at Nebraska. Bill Mende was one of my idols when I first started coaching here at Nebraska. I got involved with people like Gene Wriststone, Art Shurlock, and a lot of others. Plus a lot of high school people like Don Robinson. I feel I have been able to watch them and perhaps

take what they did best and add to my coaching concepts."

As for 1992, "I think we are on the rebound," said Allen. "You have peaks and valleys and right now I think we are on the up side of another peak. My staff is excited that we might have more Olympians in 1992 representing not only the U.S. but also the University of Nebraska."



Francis Allen and Kevin Davila spot the judges signals.

At Shurlock has been the head coach at UCLA for 23 years. He coaches three national team members, Chaimy Umpfery, David St. Pierre and Chris Walker about 22 hours per week.

"I strive to bring to our university the best high school (club) gymnasts graduating each year," said Shurlock. "My best I mean the athlete who has the best attitude, ability, potential and desire to excel in gymnastics and academics. We have two main priorities established in our program. The first is a team goal to win at the NCAA's. The second is to qualify our gymnasts to the National Team at the U.S. Championships and Winter Nationals. The main emphasis on making the National Team is to have the possibility of qualifying our gymnasts for World and Olympic teams. We want our gymnasts to work to be successful for themselves, UCLA and the U.S."

Shurlock was a gymnast himself — 1964 U.S. Olympian and 1963 USOPAF All-Around Champion to name only a few accomplishments.

Shurlock has been influenced by the following coaches: Hal Frey, Chuck Keeney, Jack Beckner, Lou Fenschke, George Rose, John Draghi, and Duane La Rue.

The future for 1992 gymnastics — "I see the U.S. improving on its 1988 Olympic performance. I see the U.S. competing in the final rotation (top 6) at the Olympics if we get everyone involved in men's gymnastics working together toward that goal. It is imperative that the athletes, coaches, judges, and U.S. FIG officials at the Olympics be of one mind — to do their best for the U.S. at their respective positions."

Fred Roethlisberger has been the head coach at the University of Minnesota for 18 years now. His national team member is his son, John Roethlisberger.

Fred was a former gymnast. In fact, he competed on the 1966 World Championships team, took the gold medal in the all-around at the 1967 Pan Am Games and competed at the 1968 Olympics. Away from the gym he enjoys hunting and gardening.

As for his philosophy on producing a national team member, Roethlisberger said, "There are only three areas to think about in training a gymnast: physical training, mental training, and skill training. A gymnast's competitive ability level is simply the sum of his mental and physical condition times his skill level. Skill learning is the obvious part of training, it is what we observe most readily and the area that receives most of our attention in terms of training time, research, analysis, etc. While skill training is the most important part of training in terms of hours, in a sense, it's the tip of the iceberg because skill acquisition must be built and based on the other parts of the formula for competitive success — namely mental and physical conditioning."

Coaches that Roethlisberger admires or has been influenced by include Henry Schigel, James Parkus, George Bauer, Abie Grossfeld and Don Torrey.

When do you see gymnastics in 1992 and what are your goals?

"I see U.S. in the top six and climbing. I want to help my gymnasts find satisfaction and enjoyment in the sport, which in most cases means helping them onto the National Team and Olympic Team."

Dennis McIntyre is the head coach, owner and director of the Columbus Gymnastics Academy (two gyms) for nine years. His athlete on the junior national team is 15-year-old Drew Durbin and 13-year-old Seth Klayman is a member of the 10-12 developmental team. They train between 15-20 hours per week.

"My philosophy on developing a national team member is to try to leave as little as possible to chance. Strong basics and a balanced workout approach is the key to producing a national team member. By balanced I mean paying attention to strong basics, skill development, strength and flexibility training equally — especially at the younger ages."

I feel very strongly that as a coach you must always know what you are going to do, why you are doing it, and where it is going to lead in terms of workout schedules, skill training, and conditions. Strong basics (or lack of) always show up at the higher skill levels."

Coaches that McIntyre has been influenced by include James White and Mike Wilson. "James was my high school coach and taught me the importance of study and smart workouts," said McIntyre. "Mike was my college coach and he taught me self-discipline and how to look beyond a person's seemingly limiting factors to see what could be."

"I think 1992 will see a much stronger men's team from the U.S. The challenge for us is to continue to evolve our men's program into something more efficient in providing an avenue for our more talented and motivated gymnasts to get the training and support that they need to become world class."



Fred Roethlisberger helps his son John prepare the parallel bars.

Gymnastics '89 Tour Of Champions

Featuring Olga Korbut and Mary Lou Retton

By Luan Plazek

Two of the most famous gymnasts of all history were featured together during the Gymnastics '89 Tour of Champions — Olga Korbut and Mary Lou Retton. In fact, it was the first time they had ever met!

Both women have made an enormous impact on the growth of gymnastics all around the world.

Olga was the little pose from the 1972 Olympic Games in Munich who was not only models, but more importantly, the hearts of those watching.

"I was working with my coach before the 1972 Olympics and he told me the medals weren't as important as winning the hearts of the world," said the 34-year-old Korbut. "And now, after many years, I've discovered that I've done it."

Olga was greeted by a standing ovation — a heart warming, sincere U.S. welcome. Even though it has been 17 years since the 1972 Olympic Games where Olga won three gold medals at age 17, the U.S. still remembers the little girl who made gymnastics a showcase sport.

"It makes me very happy when I hear people cheering for me. I want to cry. But a good cry," said Olga.

Prior to Olga's entrance, her 1972 Munich Olympic performance was displayed, afflicting a video with wide screens at each end of the arena. When the video was over, she ran out to the middle of the



Together for the first time — Olga Korbut and Mary Lou Retton.

floor exercise mat waving that same cute wave she used 17 years ago. Olga performed a short dance piece with a few cartwheels and rolls — for the wife of a Soviet pop singer and mother of an 11-year-old, it was pretty good, too.

Olga was truly the first glamoest athlete.

"Russian gymnasts were supposed to be stone-faced, but not Olga," said Mary Lou. "She laughed when she won and she cried when she fell. I liked that. That's like me. I show emotion."

Mary Lou added, "This young lady is responsible for bringing gymnastics to America. She was my first idol."

Olga may have been Mary Lou's idol but many, many young gymnasts looked to Mary Lou as their idol. Mary Lou won the gold medal in the all-around during the 1984 Olympic Games — the first American woman to ever win an individual event Olympic medal.

Ironically, what many do not know even today, is that six weeks prior to the 1984 Olympic Games in Los Angeles, Calif., Mary Lou Retton had knee surgery. Doctors were doubtful she could compete, let alone finish at the top. But Mary Lou didn't let skepticism get in her way of winning the all-around gold medal.

"I was so naive and into gymnastics then," said Mary Lou. "My coach said it's just another competition. Physically I was prepared but mentally I was nervous. I missed the World Championships the year before I was unknown. People hadn't ever seen me compete. I think my explosiveness came out at the 1984 Olympic Games."

Mary Lou was the 36-year-old underdog then, but now, at 31, she's an adult and ready to be married. The newly-engaged Retton, soon to be Mary Lou Retton-Kelley, was all smiles when she talked about her husband-to-be and future wedding plans. She hopes to eventually have five children but, for a while, wants to travel with her husband.

GYMNASTICS UPDATE

During the tour, Mary Lou's 1984 performance was shown on video through the large screens in the arena, then cut out bounced Mary Lou. The crowd went wild! Mary Lou performed a floor routine to "Hello Again" and even did a mermaid off, flip flop, double back.

Will she return to competitive gymnastics?

"I'm done," said Mary Lou. "This is an exhibition that came along at the right time in the right place. There are no judges and no scores. That's what makes it fun."

Oliga and Mary Lou were asked how they would like to be remembered in gymnastics.

Oliga remarked, "People think of me as a little girl. I want them to see I've grown up and I want to help gymnastics in the U.S."

Mary Lou added, "I would like people to remember my performance in 1984 and also to think of me as someone they will always respect."

Another thing both have in common: they want to open up a gymnastics club in the U.S.

"I would like to open one in the California area," said Korbut.

"I have a five year goal of having a gymnastics club," said Retton.

Who knows, maybe we'll hear about

"I'm done," said Mary Lou.
"This is an exhibition that came along at the right time in the right places."

the Olga Korbut or the Mary Lou Retton School of Gymnastics in the next few years.

Besides having two of the greatest legends of all time on the tour, the U.S. Gymnastics Federation also featured the World Champions from the Soviet Union and our own U.S. World Champions teams.

Igor Korobchinski and Svetlana Bogumskaya, the World Champions, performed at their best and are sure to be remembered by the

U.S. audiences.

Also on the tour from the Soviet Union were Vladimir Artemov, Valentin Mogulski, Vladimir Novikov, Svetlana Bolkova, Olesia Dudnik, Elena Selezneva and Oliga Strazheva.

The U.S. participants on the tour varied slightly from stop to stop. Those U.S. members who completed all eight tour stops were Wendy Brant and Lance Ruppel. Other tour participants included Kevin Davis, Jarrod Hawks, John Roethlisberger, Tom Schlesinger, David St. Pierre, Conrad Vooranger, Chris Waller, Sheryl Durdas, Brandy Johnson, Kim Kelly, Chelle Stock, Sandy Woolsey, Alexandra Feldman, Diane Simpson, Gina Jackson, Shannon Miller, Elizabeth Walker, Kelly Garrison, Masey MacLown, and Phoebe Mills.

The world's best gymnastics clown, Paul Hunt, affectionately termed, "Nadia Come-and-get-it," was also a great addition to the Gymnastics '89 Tour of Champions!

TOUR SCHEDULE

Nov. 3	Minneapolis, MN	Met Center
Nov. 4	Charlotte, NC	Coliseum
Nov. 5	Boston, MA	Boston Gardens
Nov. 8	Oklahoma City, OK	Myriad
Nov. 10	Denver, CO	McNichols Arena
Nov. 11	Salt Lake City, UT	Univ. of Utah
Nov. 12	Los Angeles, CA	Forum
Nov. 15	Seattle, WA	Coliseum

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GYMNASTICS UPDATE

Zmeskal Wins American Classic

The American Classic competition took place in Hiest, Texas on November 16-18 and showed that the U.S. has a great deal of talent coming up through the ranks!

Kim Zmeskal from Karolyi Gymnastics won the 1989 American Classic. Zmeskal, coached by Bela Karolyi, scored an all-around score of 76.750, nearly 1.4 points above her closest competitor. Zmeskal, the 1989 Junior National Champion, again, leads the pack of Elite Seniors. She not only took the gold medal in the all-around, she also placed first in the balance beam event with a score of 19.360 and first in the floor exercise event with a 19.160. Zmeskal took the silver medals on vault, 19.360, and bars, 18.940.

The silver medal in the all-around went to Elizabeth Crandall from the Desert Devils in Scottsdale, Ariz. Crandall, coached by Sturry Eaton, scored a 75.170 in the all-around and placed second on both beam and floor with 19.130 and 18.670, respectively. After breaking her leg in 1988, Crandall has made a tremendous comeback.

Amey Scherr from Karolyi's in Houston,



The powerful Kim Zmeskal captures three gold medals.

Texas was awarded the bronze medal in the all-around competition with a score of 75.00. Scherr also took the gold medal on bars with a score of 18.990.

Elizabeth Odino from Karolyi's, Maria Neubauer from Great American Gymnastics Express and Becky Erwin from South East Gymnastics Academy placed fourth through

sixth in the all-around. Karolina Marrow from Cheshire, Ariz. won the gold medal on vault with a score of 19.40.

In the Elite Junior A competition, Hilary Grivich from Karolyi's won the all-around with a score of 75.025. She also placed first in three of the four events — vault, bars and beam — and placed second on floor. Grivich scored 19.25 on vault, 19.05 on bars, 19.05 on beam and 18.675 on floor.

Kerri Strag from J.G. Gymnastics won the floor exercise event (18.80) and placed second in the all-around with a score of 74.350. The bronze medal went to Laura Segundo from Karolyi's with a score of 74.00. Segundo, scoring an 18.90, also placed second in the balance beam event.

With a 73.40, Derragay Dawes from Hill's Angels placed fourth, followed by Molly Shewen from Brown's with 73.450. Shewen also was awarded the silver medal on vault and bars with scores of 18.95 and 18.75. Sixth all-around went to Sarah Bologach from Parkettes with 72.075.

The meet directors were Fred Milan and Debbie Bellard and the event was hosted by L.D. Bell High School. The warm-ups were held during school hours so the gymnasts had a great deal of crowd support from the student body.

Many thanks to Milan, Bellard and L.D. Bell High School for such a successful competition!

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UPDATE

Joaquim Blume Memorial

By Art Sharlock

The Joaquim Blume Memorial Competition took place on November 11-12 in Barcelona, Spain—the site of the 1992 Olympic Games. Chauncy Umphrey, from UCLA, represented the US along with his coach, Art Sharlock.

Umphrey finished 11th in the all-around with a score of 53.40. The competition was won by Felix Augel-Ali of Cuba with a score of 57.00. The silver medalist with 56.20 was Marius Ritzen from Romania and the bronze medal went to Enrique Azofeifa of the DOR with the score of 56.00. Umphrey was holding his own with the rest of the field until two dismounts on the parallel bars and a score of 7.85 dropped him from a possible fourth place finish to 11th place in the all-around. Umphrey made the best of the two remaining events scoring 9.35 on high bar and a 9.4 on floor. It was a great experience for Umphrey to compete in such a high quality competition with some of the best gymnasts in the world.

U.S. Gymnastics National Training Center

Region V was the first region to hold a J.O. Clinic at the U.S. National Gymnastics Training Center in Indianapolis. John Coddert, head coach of Great Lakes Gymnastics, in Lansing, Mich., was the camp director. Nearly 70 people participated, either as a coach or gymnast, and the clinic was a great success.

The U.S. National Gymnastics Training Center is in full operation and open for use. If you would like to hold a state or regional clinic or workshop at the Training Center, contact the men's, women's or rhythmic program administrator at the United States Gymnastics Federation at 317-237-5390. Ask for a procedure manual and more information on how to secure a date for your event.

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U.S.G.P. REPORT

Men's Artistic Gymnastics 1990 Goodwill Games

Seattle, Washington (USA) Team Selection Procedures

I. Qualification - US National Championships

A. The 1990 US National Championships are scheduled for June 8-10, 1990 in Denver, Colorado.

B. Athletes will qualify to the US Nationals from Senior Elite Regional/Qualifying Meets on May 19-20, 1990 to be held at Ohio State University, University of Iowa and UCLA. Exemption.

Those athletes who score 114.00 combined compulsory and optional in an approved meet using Competition 1 rules or 112.00 combined compulsory and optional in an approved meet using Competition 2 rules, other than the Senior Regional Qualifying Meets are automatically qualified.

Those Scores of 114.00 or 112.00 will reflect 80% weighting of the compulsory and a 40% weighting of the optional.

The Mens Program Administrator of the United States Gymnastics Federation will certify these approved meets, such as the Big 8, Pac 10, NCAA's and others. This certification allows that Competition Rules be used prior to the Regional Meets. Competition II will be used at the Senior Regional Meets, along with the additional continuation requirements of the MTC. Also, at least two nationally certified judges will be required per event. More than two club/preparatory must be an attendance for the competition.

All official results of qualification scores will be sent to the Mens Program Administrator.

C. For compulsory series in the US Nationals, there will be two sessions. The first squad of 48 will be qualified from the above qualification procedure. The second squad of 24 will be qualified from Senior Regionals, and would be under age 19 as of first day of the Nationals. If a gymnasium is in the top 48 from Regionals, they would have to choose which athletes to enter. The squad of 48 will be divided into 8 man groups with 6 events being competed concurrently. The squad of 24 will be divided into 4 man groups with 3 events being competed concurrently. These events will be competed in their entirety (FX, PH, SK) and their competition will begin on the remaining events.

The warm-up period which precedes each session will be open. After three rounds of competition in each session, an additional open warm up period of fifteen (15) minutes for the 48 man squad and fifteen (15) minutes for the 24 man squad will be provided.

D. All-Around ranking will be determined from the compulsory-optional session. The compulsory session will be weighted 60% and the optional 40% to determine team and ranking. There will be an individual event final with 6 athletes per event. These athletes will advance from the combined adjusted total of compulsory and optional per event. Finals will use only the score attained in the final to determine the individual event champions. (New Info)

E. The Senior National Team will be the top 12 from the combined weighted compulsory and optional sessions. This group is known as the Senior National Team. This will not be broken. However, for advancement to the next competition, this will be broken by the higher compulsory all-around score.

F. The Senior Elite Development Team will be comprised of up to six (6) athletes in rank order who are under age 21 and finish below 12th place in the weighted All-Around competition. This will not be broken. Age is determined as of first date of competition.

G. The Junior Elite Team will be comprised of up to eight (8) athletes who compete in the 24-man squad of US Nationals All-Around ranking as determined by the combined weighted compulsory and optional competitions will determine this team. This will not be broken.

H. In case of injury, a gymnast may be petitioned on to the various National Teams, unranked, by the Mens Program Committee.

I. Petitions to the US National Championships will be considered and should be sent to the Mens Program Administrator.

II. Qualification - U.S. Olympic Festival

A. The Senior National Team in rank order beginning with athlete number five (5), named in the 1990 US National Championships will comprise 8 of the 24 athletes to compete in the 1990 US Olympic Festival in Minneapolis, Minnesota on July 6-13, 1990. The top four (4) Senior Elite Development Team members named at the 1990 US Nationals will compete in the 12 Senior athletes to compete in the 1990 U.S. Olympic Festival.

B. The Junior National Team ranked in competition during the Spring Training Camp in Colorado Springs (see March 31-April 2, 1990) will comprise the final 12 athletes to compete in the 1990 US Olympic Festival. This, if occurring, will be broken.

C. The two (2) Senior coaches for the Olympic

Festival will be assigned in rank order from the results of the 1990 US National Championships. The two (2) junior coaches for the Olympic Festival will be assigned in rank order from the results of the 1990 Junior Olympic Spring Camp.

III. Qualification - Pacific Alliance Championships

A. The Pacific Alliance Championships Team will be selected in rank order, from the Senior Team named at the 1990 US National Championships.

B. The Pacific Alliance Championships Team will consist of four (4) athletes.

C. Four (4) athletes will compete in Manila, these being an alternate. The competitive order will be named by the Pacific Alliance Coaches at least twenty four (24) hours prior to the beginning of the competition.

D. An athlete will only be replaced in case of serious injury. No petitions onto the Pacific Alliance Team will be accepted.

E. The coaches for the Pacific Alliance will be assigned in rank order based on the results of the 1990 US National Championships. One coach plus an assistant.

IV. Qualification - Goodwill Games Team

A. The All-Around scores (weighted) from the US National Championships will determine the Goodwill Games Team for the 1990 Goodwill Games to be held in Seattle, Washington from July 26-August 5, 1990.

B. The top four (4) Senior National Team athletes in rank order will comprise the four members of the Goodwill Games Team.

C. In addition, a training experience with the Soviet Union will occur between July 23 and July 28 for the Goodwill Games Team, plus the remainder of the Senior Team. Further, a dual meet is planned for August 3-August 5 for the Goodwill Games Team with the Soviet Union.

D. An athlete will only be replaced in case of serious injury. NO petitions onto the Goodwill Games Team will be accepted.

E. The coaches for the Goodwill Games Team will be chosen by the Mens Program Committee. A head coach and an assistant will be chosen.

F. Qualification - Other events, including various international exhibitions will be assigned to National Team members as outlined by the Mens Program Committee.

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ATTENTION

Anyone interested in having their gymnastics club listed for an USA Gymnastics "Summer Camp Directory" please write to USA Gymnastics, Pan American Plaza, 201 S. Capital Ave., Suite 300, Indianapolis, IN 46225 with the following information: Name of Camp, meeting address, phone, dates of camp, contact person. Deadline for entries — February 1, 1990. The directory will appear in the March/April issue of USA Gymnastics.

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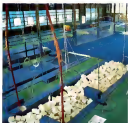


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